

Rock! RICHMOND

building healthy communities in the East End

January-February 2013

Monday	Tuesday	Wednesday	Thursday	Friday
			9:00 to 10:00 am Walking Group Mosby Resource Center 1535 Coalter	
9:30 to 10:30 am Walking Group Fairfield Resource Center 2311 N 25 th Street (878-0121)	9:30 to 10:30 am Walking Group Fairfield Resource Center 2311 N 25 th Street (878-0121)	9:30 to 10:30 am Walking Group Fairfield Resource Center 2311 N 25 th Street (878-0121)	9:30 to 10:30 am Walking Group Fairfield Resource Center 2311 N 25 th Street (878-0121)	9:30 to 10:30 am Walking Group Fairfield Resource Center 2311 N 25 th Street (878-0121)
	5 to 6 pm/6:30 to 7:30 pm Zumba Robinson Theatre 2903 Q St (643-0002)		5 to 6 pm/6:30 to 7:30 pm Zumba Robinson Theatre 2903 Q St (643-0002)	
6:00 to 7:00 pm Tae Kwon Do 2903 Q St (786-0204)	5:30 to 6:30 pm Aerobics EDI 701 N 25 th St (646-5503)	5:30 to 6:30 pm Aerobics Mt. Tabor Baptist 2011 Fairmount Ave (643-0903)	6:00 to 7:00 Walking Group Victory Tabernacle Baptist Church 600 Chimborazo Blvd (310-2887)	
6:00 to 7:15 pm African Dance Class Robinson Theatre 2903 Q St (909-0117)	6:15 to 7:15 pm Aerobics Good Shepherd Baptist Church 28 th and R St (644-1402)		6:15 to 7:15 pm Aerobics Good Shepherd Baptist Church 28 th and R St (644-1402)	

For more information on the Rock! RICHMOND program, please contact Lee Taylor-Penn at lee.taylor@vdh.virginia.gov or 804-205-3909.